

**USACHPPM Validated Non-commercial Spit Tobacco Web Resources
Great American Spit Out (GASpO) 2007**

Valuable web resources for patients and healthcare providers.

**1. National Institute of Dental and Craniofacial Research, Spit Tobacco:
A Guide for Quitting**

Premier U.S. government spit tobacco information source for healthcare providers and spit tobacco users from NIH.

<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/QuittingGuide/>

2. American Cancer Society, Quitting Spit and Other Forms of Oral Tobacco

Excellent source of reliable spit tobacco information for users.

http://www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smokeless_Tobacco.asp?sitearea=&level

3. American Cancer Society, Spit (Smokeless) Tobacco

Good source of information for both healthcare providers and spit tobacco users.

http://www.cancer.org/docroot/PED/content/PED_10_2x_Smokeless_Tobacco_and_Cancer.asp?sitearea=PED

4. National Cancer Institute, Smokeless Tobacco

Good source of information for spit tobacco users.

http://dccps.nci.nih.gov/tcrb/less_default.html

5. National Cancer Institute, Smokeless Tobacco and Cancer

Key points about spit tobacco—very brief.

<http://www.cancer.gov/cancertopics/smokeless-tobacco>

**6. National Cancer Institute, Smokeless Tobacco and Cancer:
Questions and Answers**

Common questions and answers about the effects of using spit tobacco.

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/smokeless>

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- 7. Mayo Clinic, Chewing tobacco: Not a risk-free alternative to cigarettes**
Solid information for spit tobacco users.
<http://www.mayoclinic.com/health/chewing-tobacco/CA00019>
- 8. National Institute on Drug Abuse (NIDA), Commonly Abused Drugs (see nicotine)**
Nicotine included among drugs of abuse (scroll down to Stimulants)
<http://www.drugabuse.gov/DrugPages/DrugsofAbuse.html>
- 9. Surgeon General's Report 1986, The Health Consequences of Using Smokeless Tobacco**
Detailed evidence-based scientific report for healthcare providers.
http://profiles.nlm.nih.gov/NN/B/B/F/C/_/nnbbfc.pdf
- 10. American Dental Association, Position Statement on Tobacco**
Detailed position statement from dental providers for healthcare personnel.
<http://www.ada.org/prof/resources/positions/statements/tobac.asp>
- 11. National Women's Health Information Center, Smokeless Tobacco**
Short, to the point practical information about spit tobacco.
<http://www.4women.gov/quitsmoking/important/smokeless.cfm>
- 12. National Spit Tobacco Education Program (NSTEP)**
Practical information for spit tobacco users.
<http://www.nstep.org/WhatYouNeedtoKnow.htm>
- 13. Chew Free Website, Spit Tobacco Cessation FREE Web-based Program**
Excellent FREE website for spit tobacco cessation.
<http://chewfree.com/>

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14. Tobacco Information and Prevention Source (CDC), Smokeless Tobacco

Excellent spit tobacco information from the federal government for healthcare providers and spit tobacco users.

<http://www.cdc.gov/tobacco/factsheets/smokelesstobacco.htm>

15. Packed Poison: The Truth About Tobacco Products—Soldiers Magazine Hot Topics (Smokeless—see page 9)

Brief summary to assist spit tobacco users to make the decision to become free of nicotine addiction.

<http://chppm-www.apgea.army.mil/dhpw/Population/HotTopicsTobacco.pdf>

16. Program Against Teen Chewing (PATCH)

Cooperative research project sponsored by the NIH, University of Arkansas College of Nursing, and the Arkansas Cancer Research Center

<http://homepage.mac.com/craigstotts/patchproject/>

17. American Association of Oral and Maxillofacial Surgeons

Information about the risk of tobacco use in the development of oral cancer.

http://www.aaoms.org/oral_cancer.php

18. Tobacco Truth – British Columbia, Canada

Very rich website with facts and images of the effects of both spit tobacco and smoking.

http://www.tobaccofacts.org/tob_truth/spit.html

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